



Quiche with broccoli and cheese



Ingredients

- 6 slices of puff pastry or savoury pie dough (or 1 roll)
- 5 eggs
- 130 ml of whipped cream
- 100g rosemary thyme cheese (or as much as you like)
- 50 grams of peas
- 100 grams of broccoli
- 3 tablespoons of pine nuts
- salt and pepper to taste

Vegetarian quiche

A quiche always starts with a delicious dough base, and of course cream and egg should not be missing. With spring in sight, we opt for green vegetables: peas for a sweet twist, broccoli for extra vitamins, and a handful of rocket for a nutty flavour. And let's not forget to add generous cheese, like our deliciously spiced rosemary thyme sheep's cheese from Henri Willig, which gives the quiche that little bit extra. Prefer a cow cheese? Then the herb garlic cheese is a great alternative.

Preparation

- 1: Use a roll of puff pastry, quiche or savoury pie dough. Slices of puff pastry often contain butter and make the quiche extra tasty.
- 2: Grease your baking tin with butter. Place the dough in it and poke holes in the bottom. Top this with a piece of baking paper and then a layer of uncooked pulses. Bake the cake 15 at 180°C. Remove the pulses and baking paper.
- 3: Cut the broccoli into small florets and boil or steam them for 5 minutes. Then drain them well. Put the cream, eggs, salt and pepper to taste in a bowl. Whisk well together with a whisk. Add the broccoli, peas and a small handful of arugula. Grate the rosemary thyme cheese from Henri willig and stir in last. Pour all this onto the quiche bottom. Sprinkle extra cheese and pine nuts on top.
- 4: Bake the quiche for 30 minutes at 180 °C.

A few more handy tips to make making a quiche easier:

Choose puff pastry or savoury pie dough. Preferably use slices of dough with butter for an extra flavourful base. Blind bake: pre-bake the dough before adding the filling. This ensures the base stays nice and crispy even with the



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filling inside. It may seem complicated, but it's actually quite simple.
Pre-cook the vegetables briefly. For instance, steam the broccoli for a few minutes before adding it to the quiche. That way, you avoid hard pieces in your quiche. Also make sure the vegetables are well drained.

This delicious quiche was commissioned by the CookingQueensNL
